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HIGHLIGHTS/FALL 1975

STRETCHING THE CLOTHING DOLLAR

ECONOMICAL MEALS FOR A MONTH

COST OF DOING LAUNDRY AT HOME

FOOD SPENDING BY BLACK HOUSEHOLDS

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Consumer and Food Economics Institute
Agricultural Research Service
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FAMILY ECONOMICS REVIEW is a quarterly report on research of the Consumer and Food Economics Institute and on information from other sources relating to economic aspects of family living. It is prepared primarily for home economics agents and home economics specialists of the Cooperative Extension Service.

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STRETCHING THE CLOTHING DOLLAR

by Virginia Britton

To get the most for the clothing dollar, today's family has several alternatives—sewing at home, making home repairs and alterations, using handed-down clothing, purchasing used clothing, and careful shopping for new clothing. A family may use all of these alternatives at some time during a year. The method chosen for acquiring any specific item will depend on the type of item being acquired and its intended use, the urgency for saving money, the family's standards, the energy and skills of family members and their time and equipment, and the availability of local outlets.

Although most families acquire a major portion of their clothing as new ready-to-wear items, about one-fifth of the clothing acquired by families with low to moderate incomes comes from other sources. Specialists working with families can help them to take an objective look at alternative ways of obtaining clothing, develop flexibility and imagination in adjusting to changing conditions, and be ready to make speedy decisions to take advantage of unusual opportunities for acquiring needed garments.

Developing skills in shopping and in creating and caring for garments plays a key role in stretching the clothing dollar. The acquisition of skills and information increases a person's judgment of quality and appropriateness and can increase her or his willingness to shop widely for clothing and fabrics and to make use of other means of acquiring clothing for the family.

Paying for appropriate durability is important. How long and how hard will the garment be worn and for what types of occasions? Work clothes for construction workers, farmers, garage mechanics, and factory workers in heavy industry need to be highly durable to withstand severe daily wear and many heavy washings. Underwear, nightwear, and hosiery also need to withstand many wearings and washings. On the other hand, great durability of the fabric, notions, and tailoring is not essential for garments that are likely to be rapidly outmoded, outgrown, torn,

lost, or used infrequently. For example, infants' clothes may be outgrown long before they are worn out. Active children rip garments on nails and trees and lose gloves and boots, and even shoes and socks in warm weather. Some women quickly tear or snag their long hosiery. Garments for special occasions, such as parties, weddings, or graduation, may be worn seldom and may be outdated or outgrown before there are many opportunities for wearing them.

Sewing at Home

About 41 million persons in the United States probably do some home sewing in a year¹ and spend an estimated \$4 billion a year for fabrics, patterns, machines, and notions.² Retail sales of yard goods for apparel rose from 636 million square yards in 1965 to 1,355 million square yards in 1974.³ Sales of knit fabrics were 14 million square yards in 1967 and 623 million in 1974.

About 46 percent of U.S. households reported purchasing fabric in the 12 months ending June 1972, according to a nationwide survey of about 3,400 households interviewed by telephone for the USDA.⁴ Twenty-one percent of these "buyer" households had two or more members that purchased fabric. Most of the fabric buyers intended to do their own sewing rather than having someone else do it

¹ Estimated from percentage of households with one or more purchasers of fabric (see footnote 4) and data from the U.S. Bureau of the Census on the number of households.

² Hyde, N. S. A Pattern in the Home Sewing Industry? *The Washington Post*, February 16, 1975, p. L 1.

³ National Cotton Council of America, *Cotton Counts Its Customers*, Memphis, Tenn. Annual edition, June 1975, p. 89 (\$25); and personal communication with G. Booker, Economic Research Department, National Cotton Council of America.

⁴ Kaitz, E. F., and Stack, T. M. *Consumers' Buying Practices, Uses, and Preferences for Fibers in Retail Piece Goods*. U.S. Dept. Agr., Market. Res. Rpt. No. 1013. Washington, D.C.: U.S. Government Printing Office, 1974. (Supply exhausted.)

for them. Fabric-buyer households averaged more members than nonbuyer households, and a higher proportion included children under 19 years of age. Buyer households averaged larger total income than nonbuyer households, but about equal income per capita. Nearly all of the fabric buyers were females, of a wide age span. During the year, the median purchase was five pieces of fabric for spring or summer clothing and two pieces for fall or winter clothing. Based on information on the last piece of fabric bought, the clothing was generally made for the same age group as the purchaser, which probably means for the buyer herself. However, a sizable proportion of the last fabric purchases by those 20 to 39 years was made into garments for children under 13 years.

Homemade clothing comprised about 2 percent of the quantity of clothing acquired in a year by families with low to moderate income, according to a survey taken in Des Moines, Iowa, in 1965-66.⁵ However, broken down by family member, homemade clothing amounted to 5 percent for wives, 4 percent for girls 2 to 17 years, 2 percent for female heads of families, 1 percent for infants, and less than 1 percent for boys 2 to 17 years and for male heads of families.⁶ The survey included families who sewed and those who did not.

Reasons for sewing. Saving money is a major reason for home sewing. In the USDA survey mentioned above, 65 percent of the fabric buyers gave "cheaper, more economical" as one of the reasons for making garments rather than purchasing them ready made. "Better fit" was mentioned by 31 percent; "can make exactly what you want" by 29 percent; "creative satisfaction" by 28 percent; and "better quality, workmanship" by 16 percent. A few other reasons were mentioned occasionally, and some people gave more than one reason.

People who do not sew probably do not consider home construction of garments a choice activity. Some lack sufficient skills to meet their own standards for completed garments. Home sewing takes time which they need or prefer to use in other ways, and they can find acceptable readymade garments in the

stores. Furthermore, they feel more certain of its suitability when they are able to try on the completed garment before making any expenditure.

Money cost of home-constructed garments. The money cost of home-constructed garments varies greatly, depending on the cost of materials selected and the skill and aspirations of the home sewer. Persons with skill who sew at home for enjoyment or because the finished product is better suited to their needs may select more expensive fabric and trimmings than those who have limited skill or who sew to save money. Thirteen persons—mostly staff of the Consumer and Food Economics Institute (CFEI)—who had recently constructed garments at home were asked about the cost of these garments. This group had constructed 23 street dresses ranging in cost from \$3 to \$27; 15 pants outfits costing from \$5 to \$17; 13 party dresses for \$6 to \$22; and 8 pairs of slacks for \$2 to \$10. These costs, however, do not give any indication of savings because savings from home sewing depend to a considerable extent on the cost of the readymade garment that would be selected as an alternative to the home-sewn one.

Direct comparison of the cost of garments purchased at a retail outlet with an identical garment constructed at home is difficult, if not impossible. The fabrics and trimmings found on ready-to-wear garments are not generally available in fabric stores at the same time, and the styles are not always exactly duplicated in current patterns. Nevertheless, an estimate can be made of the cost of similar items by concentrating on simple styles such as those without special trim and multiple fabrics.

In April 1975 shoppers from CFEI priced size 14 one-piece dresses and two-piece jacket-dress costumes of machine-washable polyester knit at a local shopping center used primarily by moderate-income families. The shoppers also priced items of similar types available in large mail-order catalogs, and priced patterns, fabrics, and notions similar to those used on the ready-to-wear garments.⁷ (No estimates were made of costs of power to operate equipment.)

⁵ See article by Britton, V., *Family Economics Review*, pp. 3-5. September 1969.

⁶ These percentages are believed to be similar today.

⁷ Mary Lou Cooper, home economist, gave major assistance with the pricing.

The one-piece dresses were constructed of a one-color fabric, unlined, with set-in sleeves, and had self-trimming only (except for closures). The ranges in costs per garment for three types of one-piece dresses requiring different yardages of 60-inch fabric were estimated as follows:

Five dresses with short sleeves requiring about 1-3/4 yards of fabric—

Ready-to-wear\$11 to \$15
 Homesewn\$5 to \$11

Five dresses with long sleeves requiring about 2-1/2 yards of fabric—

Ready-to-wear\$14 to \$26
 Homesewn\$7 to \$15

Five dresses with long sleeves requiring about 2-3/4 yards of fabric for coat styles or tucking and other features—

Ready-to-wear\$20 to \$40
 Homesewn\$8 to \$16

The range in cost for the “duplicate” homesewn dresses was due primarily to choice of fabric which ranged from \$1.74 to \$3.99 a yard. Lesser differences were due to choice of pattern and some diversity in notions used on various garments.

The two-piece jacket-dress costumes consisted of a one-piece dress with set-in short sleeves and a jacket with set-in long sleeves. They were constructed of a single fabric with self-trim only and required about 3 1/4 yards of 60-inch fabric. The fabric costs ranged from \$1.74 to \$3.99 a yard for one-color fabrics and from \$2.29 to \$6.99 a yard for multicolor fabrics. The ranges in costs per costume were estimated as follows:

Two two-piece costumes (unlined) made of one-color fabric—

Ready-to-wear\$28 to \$38
 Homesewn\$9 to \$19

One two-piece costume (lined jacket) made of one-color fabric—

Ready-to-wear\$64
 Homesewn\$13 to \$22

Four two-piece costumes (unlined) made of multicolor fabrics—

Ready-to-wear\$15 to \$56
 Homesewn\$11 to \$29

Two two-piece costumes (lined jackets; one not marked “machine washable”) made of multicolor fabrics—

Ready-to-wear\$95 to \$100
 Homesewn\$16 to \$37

Other costs. The direct money cost of constructing clothing at home may help determine whether to sew at home or not. However, the other costs—time for doing the construction and the initial cost of acquiring the equipment necessary—should also be considered.

Estimates of time spent in the home construction of a garment are difficult to make because of interruptions and the use of scattered blocks of free time, and because shopping for fabrics and notions and preparing the fabric may be combined with other tasks. A previous USDA study of homemade clothing showed that the average time cost for constructing a size 14 cotton daytime dress was 2.9 hours. This garment, however, was made in a laboratory by a skilled seamstress who constructed the garments according to the pattern, with no alterations. Interruptions were carefully recorded and subtracted from the total. The CFEI sewers in 1975, of varied skills and interests, estimated that the street dresses they made last year took 3 to 12 hours, with a median of 7 hours. Median time was 6 hours for party dresses and 7 hours for pants outfits. The time spent varies according to the skill and standards of the sewer, the type of pattern, the necessity for altering the pattern for better fit or changing the design, the use of fabric that requires matching, and the equipment available.

The cost of equipment adds to the cost of home sewing. Home construction of garments may be done with relatively simple or elaborate equipment. The quality of the finished garment does not necessarily reflect the quality of equipment, nor does the amount of home sewing always parallel the price of the equipment.

New sewing machines priced by the CFEI shoppers ranged from under \$100 for machines with no features other than straight and zigzag stitch to over \$600 for machines with many added features. The buyer needs to consider how much she will be using the special features

before investing the extra money. Acceptable garments are still being sewn in homes on quite old machines with only a straight, forward stitch. Of course, the special features may save time or improve the product.

In addition to the sewing machine, other equipment used in home sewing includes a steam iron, ironing board, sleeve board, shears, needles, pins, chalk, and hem marker. Many additional pieces of equipment are available to ease the job or improve the quality of the product.

Additional costs of home sewing are not usually considered. For example, the growing collection of fabrics stored in the attic or closet for some vague future use, the garments that have been started and never completed, the items that have been completed but not enjoyed or worn, and the sewing machine and other equipment which are seldom used.

When does home sewing pay best? Home construction of garments probably pays best for persons with wants or needs that are not met by ready-to-wear garments in their price range; for persons who can construct garments for lower prices than the price of the comparable readymade garment; and for persons who sew frequently enough to spread the cost of equipment over many garments.

Persons whose needs are not met by ready-to-wear garments may prefer sewing even if the savings per hour are not high. For some, home sewing is a preferred leisure activity and the time spent for shopping and coordinating fashion fabrics, linings, interlinings, buttons, zippers, and other notions and the time and effort of perfecting skills may be considered time better spent than shopping for readymade garments.

Greater savings may be possible by constructing items such as street or party dresses, coats, and suits rather than "basic apparel" such as underwear or nightwear. The home sewer who can "build in quality" by replicating the more highly styled dress will save more than the sewer replicating a simple dress. However, a simple coat or raincoat with straight lines may be profitable to construct at home even with lining and interlining, as these garments are usually costly.

Leftover fabrics incorporated into new garments; fabrics and notions purchased at

sales or as remnants; re-use of patterns, buttons and perhaps zippers; and omission of facings, linings, and interlinings when not required—all increase savings. Savings per hour may be increased by improving skills and by simplifying standards and techniques.

Making Home Repairs and Alterations

The skills of the home sewer can be applied toward repairing and altering clothing. Keeping clothing in a good state of repair increases its wearability and extends its useful life. The fit of garments can often be improved by simple alterations such as enlarging or releasing darts or changing hems on sleeves, pant legs, and skirts. This is true for those garments already owned as well as those newly acquired. Some home sewers have the skill and time to do extensive remodeling of garments for adults or children—a major recycling, "making something out of nothing," which can be a highly creative activity, as well as stretching the clothing dollar. On the other hand, time and money may be wasted in excessive remodeling of worn-out garments or those that will not be used.

Using Handed-Down Clothing

Handed-down clothing made up about 14 percent of the quantity of clothing acquired in a year by families with low to moderate income in the Des Moines survey, 1965-66. For infants, handed-down clothing totaled 33 percent of the amount received, including 21 percent from outside the family and 12 percent from inside. For girls 2 to 17 years and boys in the same age group, handed-down clothing amounted to about 20 percent—14 percent from outside the family and 6 percent from inside. Handed-down items, nearly all from outside the family, amounted to 14 percent of acquisitions for female heads of families, 9 percent for wives of male heads, and 6 percent for male heads.

Greater use of handed-down clothing can be an excellent way of stretching the clothing dollar for many families, particularly those with children. Exchange plans in schools or neighborhoods or among friends make important additions to the amounts available within families. Usefulness of the handed-down clothing is frequently enhanced by home repairs and alterations, plus laundering or cleaning.

Purchasing Used Clothing

Used clothing items that were purchased by the Des Moines families totaled only 2 percent of the amount of clothing acquired. Purchase of used clothing was relatively more important for adults than for children. Regardless of income, many families can profit by checking the shops that offer used clothing and those that rent clothing for an occasional formal use. (For local shops, see the YELLOW PAGES under "Clothing Bought and Sold" and "Formal Wear—Rental.")

Thrift shops and bazaars run by charitable and religious organizations offer used clothing for the family. Outgrown and excess clothing is generally contributed to the organization, and the proceeds after minimal costs are used for charitable purposes. The shops are simple and the personnel frequently volunteer their services. Children's clothing and adults' coats, suits, dresses, sweaters, and party clothes are available at fractions of their original prices, some of which may have been quite high. Thrift shops are especially useful for garments that are wanted for short-time wear such as maternity clothes, party clothes, and garments for graduation, vacation, or other special occasions; for rebuilding depleted wardrobes in an emergency situation; and for dressing rapidly growing children or teenagers who want a large variety of garments. Shirts, blouses, sweaters, skirts, slacks, and dresses may be found for \$0.25 to \$1, and 2- or 3-piece suits and coats for \$4. Some items are clean and ready for wear off the rack; others require some repairs or alterations or a good cleaning. A large unfashionable coat can provide beautiful fabric for remodeling. The lack of labels showing fibers and size (which some donors might pin on the garment) makes a greater demand on the buyer's shopping skills and judgment.

At a different level are resale shops for men or women offering elegant clothing that is slightly used at fractions of their original

prices. Some of these items, such as designer fashions, elaborate party dresses, and furs, are placed on consignment at the shops by individuals who have worn the garment only a few times. Prices for items that are slightly used and fairly current in fashion may be about one-third of the price of a new item. Prices often range from \$25 to \$200, and special markdowns are frequently offered.

Shopping for New Clothing

Most clothing is purchased new, readymade. Items purchased new by the Des Moines families amounted to about 70 percent of the total amounts of clothing acquired, but ranged from 33 percent for infants under 2 years to 81 percent for male heads of families. Other new clothing acquired by those families included gifts from outside the family (11 percent of total family clothing acquisitions—31 percent for infants), and items received as pay, bonus, stamp purchase, or prize (1 percent). Except for infants and little children, gifts are usually confined to the smaller items which need frequent replacement.

Clearance sales toward the end of the buying season or occasional midseason and early-season sales may offer sizable savings. A great variety of clothing has been available at special sales in recent months. Garments that are slightly soiled or in need of minor repairs are sometimes offered at reduced prices.

Other ways to save include comparative shopping among various retail outlets and using retail outlets that specialize in "basic" apparel and offer less than "full services," such as catalog chains and their stores, variety stores, and grocery supermarkets. Surplus stores operated by catalog chains offer sizable savings. Discount shops offer clothing from manufacturers' closeouts. Some factory outlets for overstocks of brand-name garments are located near the factories. However, these outlets do not offer full lines of clothing.

FOOD SPENDING PATTERNS OF SOUTHERN BLACK HOUSEHOLDS

by Constance Ward

Food guidance materials used by black families in budgeting and diet planning have been based on food consumption patterns of all U.S. households (black and white combined). In the 1965-66 Household Food Consumption Survey data were collected in spring 1965 from a sufficient number of black households in the Southern region to make a study of black spending patterns and of the differences between patterns of blacks and whites.¹ Patterns of the Southern black households are somewhat different from those of the U.S. population as a whole and could be used as a basis for interpreting current guidance materials for black households in the South. Many of the dietary problems that existed in households in 1965-66 probably exist today. USDA's annual estimates of disappearance of food (national food supply) and SUPERMARKETING MAGAZINE's annual study of consumer expenditures in grocery stores show no dramatic changes since 1965. However, these studies provide information only for the country as a whole, not for households at different economic levels.

Black households spent about \$5.77 per person in a week for food in spring 1965, almost one-third less than the amount spent by white households. The survey data showed that black households were larger than their white counterparts and that more meals were served to women and children. That black households spent less is not surprising. They had less money available for food because they had lower incomes and more persons in a household. This situation has continued. In 1973, black persons in the United States had a median income of \$7,270; 31 percent were below the Federal low-income threshold. The median income of white persons in that same year was

\$12,600. Because food demands a substantial part of the family income, especially among low-income households, black families have a great need for obtaining a diet that is economical as well as nutritious.

Food Spending Patterns²

Black households used relatively large shares of their food money for items regarded by many persons as food selections typical of the South—rice, cornmeal, and grits; and green and yellow vegetables. The data indicate that these selections are more typical of blacks than of persons in the South as a whole. Significant differences in food spending patterns were found between black and white households. Black households in the South apportioned more of their food dollar to meat, poultry, fish, and to grain products and less to milk products, vegetables, and fruits than did whites. Differences between black and white households existed even when the households were grouped by urbanization, income, and quality of diet. Black households apparently have a greater preference than white households for meat, poultry, fish, and grain products.

Meat, poultry, and fish accounted for a larger share of the food dollar in black than white households (37 and 31 percent, respectively). In black households 6 cents more of the dollar were used to provide about the same amount of this food group per person. The way the money for meat was spent was not always the same for black and white households. The shares of the dollar allocated to bacon and salt pork, variety meats, or lunch meats were similar, but blacks spent more of each dollar for

¹ Findings are limited to black households in the Southern region, since there were insufficient data for detailed black-white comparisons in other regions.

² Tables showing the food spending patterns of black and white households by urbanization, quality of diet, income, and money value level are available on request from the Consumer and Food Economics Institute. See p. 2 for the address.

pork, poultry, and fish in contrast to the white household's greater emphasis on beef. No smaller breakdown of the meat dollar was possible with available data, but it would be helpful to know if the blacks' preference for meat other than beef extended to choosing bony cuts of pork, chicken wings, and the like over ground beef.

Milk products, vegetables, and fruits—the food groups most closely associated with diet quality—accounted for a smaller share of the dollar in Southern black than in Southern white households (27 and 34 percent, respectively). However, there were a few foods in the milk and vegetable groups for which blacks did allocate a larger share of their dollar than whites: Processed milk (probably reflecting the presence of more bottle-fed babies and the use of more donated dry milk) and dark-green and deep-yellow vegetables, including leafy greens and sweetpotatoes. Although over 70 percent of the black households studied were located in urban areas, their preference for greens and sweetpotatoes persisted even though these vegetables were probably less readily available in urban than in rural areas. Fruit consumption of black households was low. In fact, 20 percent of black households in rural areas used no fruit at all during the survey week.

Grain products took a larger share of the food dollar in black than in white households. This is consistent with the usual practice of the use of more grains by low-income households. Within this food group, black homemakers allotted more of the dollar to rice, cornmeal, grits, and bread and less to breakfast cereals and baked goods other than bread than did white homemakers.

Quality of Diets

Perhaps because of the food preferences and the lower incomes of black households, a smaller proportion of blacks than whites achieved good diets.³ In spring 1965, only 36 percent of black households achieved good diets, compared with 52 percent of white households

(table 1). Black households achieving good diets in 1965 apportioned less of their food dollar for milk, vegetables, and fruits than white households with good diets. But these same black households allocated more of their household food dollar to vegetables and fruits and less to grains than black households with poor diets. Black households with good diets also were smaller, had fewer children, and had a higher income per person than other black households. The food spending pattern of black households having good and fair diets was similar, although households with fair diets averaged larger by about one additional person and they spent about \$3.50 less per person in a week for food. The diets of black households were most often short in calcium, vitamin A, and ascorbic acid (table 2). Many more black than white households failed to meet the Recommended Dietary Allowances for calcium (44 and 25 percent, respectively) and for ascorbic acid (32 and 18 percent, respectively). These nutrients are contributed mainly by milk and vegetables and fruits, the food groups to which blacks allocated less money than whites.

Like other ethnic groups, black Americans have a historical background which affects their food choices and thus their food spending pattern. The challenge to educators seeking to help black persons improve their diets is to influence a change in food spending patterns that takes the preferences of blacks into account. Black households achieving good diets in 1965 did so with a heavy reliance on grain products and dark-leafy greens. Enriched and self-rising grain products contribute essential nutrients, such as B vitamins and calcium; and the dark-leafy greens especially preferred by black households contribute important amounts of vitamins A and C. Nutrition educators who work with blacks in the South might encourage the continued use of black-preferred grains and greens as well as some increase in the use of the less-preferred milk and fruit.

To the extent that poor diets are the result of low incomes, increased purchasing power, such as that provided by the Food Stamp Program, or supplementation of diets with essential foods, such as those furnished by the Special Supplemental Food Program for Women, Infants, and Children (WIC), may help. The menus, shopping lists, and recipes

³ Households with good diets met Recommended Dietary Allowances (RDA) for 7 nutrients—protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid. Those with poor diets were below two-thirds of the RDA for 1 to 7 nutrients; poor diets are not synonymous with serious hunger or malnutrition.

Table 1. Adequacy of Southern household diets, by urbanization and race¹

Diet quality	All		Urban		Rural	
	White	Black	White	Black	White	Black
	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>
Good ²	52.2	36.3	51.3	37.8	53.3	32.3
Fair ³	29.0	28.5	31.6	30.4	25.5	23.5
Poor ⁴	18.8	35.2	17.1	31.9	21.3	44.2

¹USDA Household Food Consumption Survey, Spring 1965, South.

²Met Recommended Diet Allowances (1968) for 7 nutrients.

³Met 2/3 RDA or more for some nutrients, but below allowances for 1 to 7.

⁴Below 2/3 RDA for 1 to 7 nutrients; is not synonymous with serious hunger or malnutrition.

Table 2. Percent of Southern household diets with less than recommended allowance,¹ by urbanization and race²

Nutrient	White	Black
	<i>Percent</i>	<i>Percent</i>
Any of 7	47.7	63.7
Protein	3.2	7.8
Calcium	25.3	44.5
Iron	10.9	23.0
Vitamin A	27.4	33.2
Thiamin	17.3	20.2
Riboflavin	9.1	18.5
Ascorbic acid	18.4	32.4

¹Recommended Dietary Allowances (1968).

²USDA Household Food Consumption Survey, Spring 1965, South.

starting on page 20 of this issue of FAMILY ECONOMICS REVIEW, while not designed to specifically take the food preferences of Southern black households into account, may help families with little income shop for food.

Sources: Stiebling, H. K., Monroe, D., Coons, C. M., and others, *Family Food Consumption and Dietary Levels*, Consumer Purchases Study, Farm Series, U.S.

Dept. Agr. Misc. Pub. No. 405, 1941. Stiebling, H. K., Monroe, D., Phipard, E. F., and others, *Family Food Consumption and Dietary Levels*, Consumer Purchases Study, Urban and Village Series, U.S. Dept. Agr. Misc. Pub. No. 452, 1941. U.S. Department of Commerce, Bureau of the Census, *The Social and Economic Status of the Black Population in the United States, 1973*, Current Population Reports, Special Studies, Series P-23, No. 48, Washington, D.C., 1974. U.S. Department of Labor, Bureau of Labor Statistics, *Consumer Price Index*.

ECONOMICAL MEALS FOR A MONTH

by Cynthia Cromwell and Bernice McGeary

Families that receive food stamps and other families that want to economize on food may find the sample meal plans on the following pages helpful for obtaining a nutritious diet. The meal plans, developed by the Consumer and Food Economics Institute, include menus for a month's meals and lists of foods and recipes needed to provide the meals for a family of four persons.

The menus include foods commonly used in U.S. households. They are not expected to suit any family entirely. The family may not care for some of the foods included or may prefer to eat more informally than the menus suggest. The menus do illustrate some ways food can be combined into economical and nutritious meals. These menus include generous amounts of dry beans and peas, cereals, and products made with flour—foods that generally provide important nutrients at relatively low cost. They include smaller amounts of meat, eggs, fruit, and vegetables than many families use.

Amounts of foods on the lists will provide nutritious diets for four-person families with average sex-age composition of those receiving food stamps. Amounts shown are for food actually used during the period. Staple foods that can be stored for later use may be purchased in larger quantities than listed to save time and money.

The cost of foods on the family's food list for the month was about \$162 in June 1975 in the Washington, D.C., area. This is the same as the U.S. average cost of the economy food plan for the family of four including two elementary school children in June 1975, and the same as the food stamp allotment for the household of four persons effective July 1 to December 30, 1975.

Recipes for some menu items are included. These recipes were tested in the Institute's food laboratories. Also, lunches and dinners for the month were prepared in the laboratory and evaluated for suitability of yield, ease of preparation, and appearance.¹

The month's menus with food lists are presented separately for four periods. Periods I, II, and III are for 1 week; period IV is for 10 days. On the menus, amounts of some foods that the family is expected to use are shown in parentheses (). Weights refer to amount of food as purchased unless otherwise specified. Recipes for foods starred (*) on the menus are shown alphabetically, starting on page 20.

¹ Amanda Anderson and George Flynn conducted these laboratory tests.

PERIOD I (7 DAYS): FOOD FOR A FAMILY OF FOUR^{1/}

<u>Milk Group</u>		<u>Meat Group</u>		<u>Fat-Oil Group</u>	
Milk, fluid, whole	5 qt	Ground beef, regular	1-42 lb	Margarine	1 lb
Cheese, American processed	21 oz	Beef or pork liver	.67 lb	Vegetable oil	4 fl oz
Ice cream	1 qt	Chicken, fryer, whole	3.00 lb	Salad dressing, mayonnaise type	1/3 qt
Nonfat dry milk (7-1/2 qts)	1.5 lb	Pork, shoulder, bone-in, cured	3.80 lb	Salad dressing, French	4 fl oz
<u>Vegetable-Fruit Group</u>		Tuna, canned	6-1/2 oz	<u>Sugar-Sweet Group</u>	
<u>Fresh:^{2/}</u>		Bologna	6 oz	Granulated sugar	1-2/3 lb
Cabbage	1/2 lb	Eggs, large	14 eggs	Brown sugar	2 oz
Carrots	7 oz	Peanut butter	9 oz	Flavored gelatin, dry mix	3 oz
Celery	14 oz	Split peas, dried	7 oz	Pudding, any flavor, dry mix	4 oz
Green pepper	1 pepper	Kidney beans, canned	1 lb	Pudding, vanilla, dry mix (regular)	4 oz
Lettuce	1 head	<u>Bread-Cereal Group</u>		Jelly	5 oz
Potatoes	4-3/4 lb	Flour, enriched	1-2/3 lb	Sirup	2 fl oz
Onions	13 oz	Gingerbread mix	14 oz	<u>Other^{3/}</u>	
Radishes	6 oz	Roller oats (oatmeal)	9 oz	Coffee, tea	
Tomatoes	1 lb	Farina	7 oz	Lemon juice	
Apples, medium (6)	2 lb	Ready-to-eat cereal	18 oz	Pickle relish	
Bananas, small (6)	2 lb	Macaroni, enriched	8 oz	Baking powder	
Pears, small (8)	2 lb	Rice, enriched	7 oz	Prepared mustard	
<u>Canned:</u>		Bread, white, enriched (88 slices)	4 22-oz loaves	Spices	
Beets	1 lb	Refrigerator biscuits	8 oz	Flavorings	
Green beans	1 lb	Saltine crackers	1/4 lb		
Tomatoes	1 lb	Graham crackers	5 oz		
Orange juice	46 fl oz	Pound cake	1 lb		
Peaches	29 oz	Cookies	19 oz		
Pickles	4 oz	Noodle soup, canned, condensed	10-1/2 oz		
<u>Frozen:</u>					
Broccoli	10 oz				
French fries	9 oz				
Kale	10 oz				
Peas	10 oz				
Grapefruit juice, conc.	6 fl oz				
<u>Dry:</u>					
Raisins	3 oz				

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- 3/ Purchase amounts required in recipes and for preparation of other foods.

PERIOD I (7 DAYS): MENUS FOR A FAMILY OF FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Orange juice (2 c) Fried eggs (4) Oatmeal pancakes* Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) and peanut butter (4 T) Beverage	Sliced bananas (2) in orange juice (3/4 c) Farina (1 c dry) Toast (4 sl) Beverage	Orange-grapefruit juice (2 c) Scrambled eggs (5) Fried potatoes Homemade muffins (6) Beverage	Pears (4) quartered Ready-to-eat cereal (6 oz) Cinnamon toast (4 sl) Beverage	Grapefruit juice (2 c) Oatmeal (2-3/4 c dry) Toast (4 sl) Beverage	Cinnamon peaches (2 c peaches) Ready-to-eat cereal (6 oz) Homemade coffee cake* (1/2 cake) Beverage
Baked picnic shoulder* (10 oz cooked meat) Scalloped potatoes Green beans Biscuits Ice cream (2 c) Beverage	Ham salad sandwiches (5) (1-1/2 c chopped cooked picnic shoulder) Radishes Bananas (4) Beverage	Peanut butter (8 T) and jelly sandwiches (5) Celery sticks (1 c) Pears (4) Pound cake (1/3 cake) Beverage	Split pea soup* Cheese (3 oz) Crackers (20) Apples (4) Beverage	Bologna (6 oz) sandwiches (5) Sliced tomato (1/2 lb) Pickles Gingerbread (1/2 cake) Beverage	Tuna & egg sandwiches (5) (2 hard-cooked eggs, dressing) Carrot sticks (3/4 c) Gingerbread (1/2 cake) Beverage	Grilled cheese (6 oz) sandwiches (5) Noodle soup Apple-raisin slaw (1/2 salad) Beverage
One-pan macaroni and cheese* Tossed salad (lettuce, carrots, radishes, dressing) Toast (4 sl) Pound cake (1/3 cake) Beverage	Beef patties* French fried potatoes Kale Bread (4 sl) Pound cake (1/3 cake) Beverage	Ham, cheese, and rice* Beets Sliced tomatoes (1/2 lb) Homemade muffins (6) Ice cream (2 c) Beverage	Chicken and dumplings* Broccoli Gelatin salad (with celery, radishes) Gingerbread (1/2 cake) Beverage	Liver and onions* Buttered potatoes Green peas Bread (4 sl) Beverage	Creamed chicken on toast* Mashed potatoes Apple-raisin slaw* (1/2 salad) Rice pudding* Beverage	Chili Con Carne with beans and macaroni* Fresh vegetable salad (lettuce, celery, carrots, dressing) Bread (4 sl) Gelatin with 1 c peaches Beverage
Cookies	Pudding	Graham crackers (12)	Cookies	Cheese (3 oz) and crackers (20)	Peanut butter (4 T) and graham crackers (8)	Homemade coffee cake (1/2 cake)

* Recipe included, beginning on p. 20.

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PERIOD II (7 DAYS): FOOD FOR A FAMILY OF FOUR^{1/}

<u>Milk Group</u>		<u>Meat Group</u>		<u>Fat-Oil Group</u>	
Milk, fluid, whole	5 qt	Beef, chuck roast, bone-in	3.40 lb	Margarine	1 lb
Cheese, American processed	12 oz	Ground beef	1.50 lb	Shortening	2/3 lb
Cheese, parmesan, grated	1 oz	Fish fillets, frozen	1.00 lb	Salad dressing, mayonnaise type	1/3 pt
Ice cream	1/2 gal	Chicken, fryer, whole	3.00 lb	Salad dressing, French	4 fl oz
Nonfat dry milk (7-1/2 qts)	1.5 lb	Corned beef, canned	12 oz		
		Frankfurters	1 lb		
<u>Vegetable-Fruit Group</u>		Eggs, large	15 eggs	<u>Sugar-Sweet Group</u>	
<u>Fresh:2/</u>		Peanut butter	9 oz	Granulated sugar	1-1/3 lb
Cabbage	2/3 lb	Pork & beans	1 lb	Brown sugar	1 lb
Carrots	1/2 lb	Lima beans, baby, dried	5 oz	Flavored gelatin, dry mix	3 oz
Celery	15 oz			Pudding, chocolate, dry mix	4 oz
Lettuce	1 small head	<u>Bread-Cereal Group</u>		Sirup	2 fl oz
Potatoes	6 lb	Flour, enriched	1-1/2 lb	Jelly	5 oz
Onions	3/4 lb	Cornbread mix	8 oz		
Radishes	6 oz	Rollled oats (oatmeal)	12 oz	<u>Other:3/</u>	
Tomatoes	13 oz	Farina	7 oz	Coffee, tea	
Garlic	1 clove	Ready-to-eat cereal	18 oz	Meat tenderizer	
Oranges (2-3)	1 lb	Macaroni, enriched	12 oz	Beef bouillon cubes (7)	
Apples, small (8)	2 lb	Spaghetti, enriched	6 oz	Vinegar	
Bananas, small (2)	2/3 lb	Rice, enriched	5 oz	Prepared mustard	
Peaches, small (4)	1 lb	Bread, white, enriched (83 slices)	4 22-oz loaves	Baking soda	
Pears, small (4)	1 lb	Refrigerator biscuits	8 oz	Baking powder	
<u>Canned:</u>		Doughnuts, cake	16 oz	Spices	
Peas	1 lb	Saltine crackers	1/4 lb	Flavorings	
Sauerkraut	1 lb	Graham crackers	1/4 lb		
Tomatoes, stewed	1 lb	Cookies	22 oz		
Tomato sauce	8 oz				
Tomato paste	6 oz				
Pickles	8 oz				
Orange juice	46 fl oz				
Pineapple juice	46 fl oz				
Fruit cocktail	1 lb				
<u>Frozen:</u>					
Corn	10 oz				

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PERIOD II (7 DAYS): MENUS FOR A FAMILY OF FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Orange quarters (2 oranges) French toast (9 sl) Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Toasted cornbread (1/2 pan) Beverage	Orange juice (2 c) Farina (1 c dry) Cake doughnuts (4) Beverage	Pineapple-orange juice (2 c) Soft-cooked eggs (4) Toast (4 sl) with peanut butter (4 T) Beverage	Pineapple juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Fruit cocktail Oatmeal (2-3/4 c dry) Toast (4 sl) Beverage	Pineapple juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage
Beef chuck roast* (10 oz ckd meat) Oven potatoes Green peas Gravy Bread (4 sl) Ice cream (2 c) Beverage	Grilled cheese (5 oz) sandwiches (5) Pickles Pear quarters (4 pears) Homemade oatmeal cookies Beverage	Beef-macaroni soup* Cheese (4 oz) Crackers (20) Homemade oatmeal cookies Beverage	Hot dogs (5) in sauerkraut Bread (4 sl) Graham crackers (8) Beverage	Chicken (8 oz) sandwiches (5) Pickles Ice cream (2 c) Beverage	Frankfurter-bean soup* Celery strips (2/3 c) Bread (4 sl) Peanut butter cake (1/3 cake) Beverage	Corned beef salad sandwiches* (4) Apples (4) Peanut butter cake (1/3 cake) Beverage
Baked beans Macaroni salad* Radishes Cornbread (1/2 pan) Gelatin (made with 1 c orange juice) Beverage	Beef stew I* Sliced tomato (1/2 lb) Biscuits Ice cream (2 c) Beverage	Cheese meat loaf* Baked potatoes Corn Bread (4 sl) Hot baked apples (4) with ice cream (1 c) Beverage	Fried chicken* Mashed potatoes Gravy Lettuce salad (lettuce, tomatoes, radishes, dressing) Chocolate pie (pudding mix in pie shell) Beverage	Fried fish Stewed tomatoes Buttered rice (1 c raw) Bread (4 sl) Peanut butter cake* (1/3 cake) Beverage	Corned beef and cabbage wedges* Boiled potatoes Bread (4 sl) Fruit gelatin with banana slices (2 small bananas) Beverage	Spaghetti with meat sauce* Green salad (lettuce, celery, radishes, dressing) Bread (4 sl) Fresh sliced peaches (1 lb) Beverage
Homemade oatmeal cookies*	Cake doughnuts (6)	Ice cream (1 c) Graham crackers (8)	Cake doughnuts (6)	Cookies	Cookies	Peanut butter (4 T) and crackers (20)

* Recipe included, beginning on p. 20.

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B R E A K F A S T

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D I N N E R

S N A C K

PERIOD III (7 DAYS): FOOD FOR A FAMILY OF FOUR^{1/}

<u>Milk Group</u>		<u>Meat Group</u>		<u>Fat-Oil Group</u>	
Milk, fluid, whole	5 qt	Ground beef	1.34 lb	Margarine	19 oz
Cheese, American processed	13 oz	Chuck steak, boneless	1.00 lb	Shortening	1/4 lb
Cheese, cottage	8 oz	Liver, pork or beef	.67 lb	Vegetable oil	9 fl oz
Nonfat dry milk (7-1/2 qts)	1.5 lb	Pork chops (Pork roast, sliced)	1.50 lb	Salad dressing, mayonnaise type	2 fl oz
Ice cream	1 qt	Chicken, fryer, whole	3.00 lb	Salad dressing, French	3 fl oz
<u>Vegetable-Fruit Group</u>		Dried beef	3 oz	<u>Sugar-Sweet Group</u>	
<u>Fresh: 2/</u>		Frankfurters	1 lb	Granulated sugar	1 lb 15 oz
Cabbage	2/3 lb	Vienna sausage, canned	5 oz	Brown sugar	9 oz
Carrots	7 oz	Tunafish	6-1/2 oz	Flavored gelatin, dry mix	2 3-oz
Celery	3/4 lb	Eggs, large	17 eggs	Jelly	8 oz
Green pepper	1 pepper	Lentils, dried	5 oz	Sirup	3 fl oz
Radishes	6 oz	Peanut butter	9 oz	<u>Other^{3/}</u>	
Tomatoes	1/2 lb	<u>Bread-Cereal Group</u>		Coffee, tea	
Lettuce	1 head	Flour, enriched	1 lb 15 oz	Bouillon, chicken	
Onion	11 oz	Gingerbread mix	14 oz	Baking powder	
Potatoes	5 lb	Cornmeal	1/3 lb	Dry bread crumbs	
Apples, medium (6)	2-1/4 lb	Rolled oats (oatmeal)	11 oz	Baking soda	
Bananas, small (4)	1-1/3 lb	Corn grits	6 oz	Bouillon, beef	
Peaches, small (4)	1 lb	Ready-to-eat cereal	18 oz	Worcestershire sauce	
Pears, small (5)	1-1/3 lb	Rice, enriched	15 oz	Vinegar	
Oranges (2)	2/3 lb	Noodles, enriched	6-1/2 oz	Catsup	
Canned:		Bread, white, enriched (61 slices)	3 22-oz loaves	Meat tenderizer	
Tomatoes	2 1-1b	Refrigerator biscuits	8 oz	Prepared mustard	
Tomato paste	6 oz	Refrigerator biscuits	10 oz	Spices	
Peas	1 lb	Saltine crackers	1/4 lb	Flavorings	
Green beans	1 lb	Graham crackers	1/4 lb		
Pickles	4 oz	Cake doughnuts	12 oz		
Beets	1 lb	Tomato rice soup, canned, condensed	10-1/2 oz		
Spinach	1 lb				
Peaches, sliced	1 lb				
Pineapple, crushed	8 oz				
Frozen:					
Broccoli	10 oz				
Orange juice, conc.	6 fl oz				
Grapefruit juice, conc.	6 fl oz				
Dried:					
Raisins	2-1/2 oz				

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PERIOD III (7 DAYS): MENUS FOR A FAMILY OF FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apples (2) halved Scrambled eggs (5) Fried potatoes Toast (4 sl) Beverage	Orange juice (2 c) Oatmeal (2-3/4 c dry) Toast (4 sl) Beverage	Sliced peaches (1 lb) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange (1 c) - grapefruit (1 c) juice Ready-to-eat cereal (6 oz) Cinnamon toast (4 sl) Beverage	Grapefruit juice (2 c) Grits (1 c dry) Fried frankfurters (8 oz) Beverage	Pears (1 lb) Soft-cooked eggs (4) Toast (4 sl) Beverage	Fresh peaches (1 lb) Ready-to-eat cereal (6 oz) Oatmeal muffins (6) Beverage
Braised chicken with vegetables* Rice (1 c raw) Lettuce salad (lettuce, radishes, dressing) Bread (4 sl) Peanut butter cookies* Beverage	Chicken patties* Stewed tomatoes Cottage cheese-pineapple salad* on lettuce (1/2 salad) Gingerbread (1/2 cake) Beverage	Pigs in blankets (7 frankfurters, 8 oz; refrigerator biscuits, 8 oz) Cottage cheese-pineapple salad on lettuce (1/2 salad) Beverage	Cheese (5 oz) sandwiches (5) Tomato rice soup Pickles Bananas (4) Graham crackers (8) Beverage	Pizza quickies* Tossed salad (lettuce, carrots, dressing) Peanut butter cookies Beverage	Tuna fish salad (with dressing, green pepper, lettuce) Tomato quarters (1/2 lb) Radishes Crackers (20) Beverage	Creamed chipped beef* Toast (6 sl) Peas Radishes Gelatin with fresh pears (1/3 lb) Beverage
Cornmeal pancakes with vienna sausages* Oranges (2) quartered Sirup (4 T) Beverage	Pork chops Top-of-stove scalloped potatoes* Beets Bread (4 sl) Raisin-rice pudding* Beverage	Meatballs in potato cups* Bouillon gravy* Spinach Bread (4 sl) Gingerbread (1/2 cake) Beverage	Liver in barbecue sauce* Green beans (1 c) and diced celery (1-1/3 c) Noodles (2-1/3 c raw) Beverage	Pan-broiled steak* Boiled potatoes Broccoli Bread (4 sl) Stewed apples* (2 c) with ice cream (1 c) Beverage	Green bean and lentil salad* Noodles with cheese sauce* Oatmeal muffins* (6) Stewed apples (2 c) with ice cream (1 c) Beverage	Skillet dinner* Cabbage wedges Bread sticks* Ice cream (2 c) Beverage
Cheese (4 oz) and crackers (20)	Graham crackers (8) and jelly	Cake doughnuts (6)	Peanut butter cookies	Cake doughnuts (6)	Bread (6 sl) and jelly	Peanut butter cookies

* Recipe included, beginning on p. 20.

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B R E A K F A S T

L U N C H

D I N N E R

S N A C K

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PERIOD IV (10 DAYS): MENUS FOR A FAMILY OF FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T Broiled tomatoes (2) halved with parmesan cheese Fried eggs (4) Hash brown potatoes Beverage	Orange-grapefruit juice (1-3/4 c) Farina (1 c dry) Toast (4 sl) Beverage	Prunes Ready-to-eat cereal (6 oz) Raisin bread (1/3 loaf) Beverage	Orange-grapefruit juice (2 c) Oatmeal (2-3/4 c dry) Cinnamon toast (4 sl) Beverage	Fried apple rings* Grits (1 c dry) Toast (4 sl) Beverage	Orange-grapefruit juice (2 c) Scrambled eggs (4) with chopped frankfurters (4) Toast (4 sl) Beverage	Cantaloup (1/2 melon) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage
L U N C H Picnic pork chops with gravy* Rice (1 c raw) Mixed green salad (lettuce, spinach, dress- ing) Bread (4 sl) Pudding Beverage	Peanut butter (8 T) and jelly sand- wiches (5) Apples (4) Brownies (1/3 cake) Beverage	Meat loaf sandwich- es (5) Carrot sticks (3/4 c) Brownies (1/3 cake) Beverage	Bologna sandwiches (5) Pickles Bananas (4) Beverage	Peanut butter- raisin* sandwich- es (5) Tangerines (4) Graham crackers (8) Beverage	Vegetable noodle soup (2 cans) Cheese (4 oz) Crackers (20) Beverage	Grilled cheese (4 oz) and tomato (1/2 lb) sandwiches (5) Potato salad (1/2 salad) Pound cake (1/4 cake) Beverage
D I N N E R Limas in tomato sauce* Apple salad* Corn muffins (6) Brownies (1/3 cake) Beverage	Meat loaf* (2/3 loaf) Scalloped potatoes Wilted spinach* Corn muffins (6) Beverage	Beans and franks (6 frankfurters) Tart cabbage* Biscuits Fruit flavored gelatin Beverage	Beef stew II* Tossed salad (lettuce, radish- es, dressing) Bread sticks* Butterscotch pie (1/2 pie) (pudding mix in pie shell) Beverage	Creamed chipped beef* Rice (1 c raw) Green peas Bread (4 sl) Butterscotch pie (1/2 pie) Beverage	Sloppy Joes on buns* (4) Potato salad* (1/2 salad) Green beans Pound cake (1/4 cake) with ice cream (1 c) Beverage	Tuna wrap-up with celery sauce* Sweetpotatoes Bread (4 sl) Beverage
S N A C K Popcorn (1/4 c unpopped)	Raisin bread* (1/3 loaf)	Peanuts (8 oz)	Raisin bread (1/3 loaf)	Cookies	Graham crackers (12)	Ice cream (2 c)

* Recipe included, beginning on p. 20.

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	SUNDAY	MONDAY	TUESDAY
B R E A K F A S T	Cantaloup (1/2 melon) Pancakes Sirup (4 T) Beverage	Orange juice (2 c) Oatmeal (2-3/4 c dry) Toast (4 sl) Beverage	Sliced bananas (2) in orange juice (1 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage
L U N C H	Swiss steak* (10 oz cooked meat) Mixed vegetables Noodles (2-1/3 c raw) Bread (4 sl) Ice cream (2 c) Beverage	Fruit salad with cottage cheese (2 c), peaches (rest of 1 lb can), lettuce (4 leaves) Graham crackers (8) Pound cake (1/4 cake) Beverage	Lentil soup with rivels* Cheese (4 oz) and crackers (20) Beverage
D I N E R	Hamburgers (3/4 lb ground beef) on buns (4) French-fried potatoes Radishes Gelatin with peaches (1/3 c peaches) Beverage	Beef roll* with Bouillon gravy* Baked potatoes Tomatoes (about 1 c) and summer squash Bread (4 sl) Ice cream (2 c) Beverage	Fried rice and meat* Tossed salad (lettuce, carrots, radishes, dressing) Bread (4 sl) Beverage
S N A C K	Toasted pound cake (1/4 cake)	Bread and jelly sandwiches (4)	Graham crackers (8) and ice cream (1 c) sandwiches

* Recipe included, beginning on p. 20.

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APPLE-RAISIN SLAW

Makes 8 servings, about 1 1/2 cup each.

2 medium apples, cut up
1 tablespoon lemon juice
1/2 small head cabbage, finely cut up
1/4 cup raisins
About 1/4 cup mayonnaise or salad dressing
1/4 teaspoon salt

Mix apples with lemon juice in a large bowl.
Add rest of ingredients. Mix lightly.

APPLE SALAD

Makes 4 servings, about 3/4 cup each.

1 stalk celery, chopped
3 apples, cut-up
1/4 cup raisins
1/4 cup mayonnaise or salad dressing

Mix all ingredients.

BAKED PICNIC SHOULDER (Cured Pork)

Makes 4 servings, plus meat for later use (see Note below).

3.8 pounds, cook-before-eating, cured picnic shoulder, with bone

Place pork, with fat side up, on a rack in a baking pan. Do not add water; do not cover.
Bake picnic shoulder at 325°F for 2 hours and 40 minutes.

Note: Save about 3-2/3 c cooked, cured pork to be used in other meals.

BEEF CHUCK ROAST (Pot Roast)

Makes 4 servings, plus meat for later use (see Note).

1/3 cup flour
 1-1/2 teaspoons salt
 1/4 teaspoon pepper
 3.4 pounds lean chuck, with bone
 2 tablespoons fat or oil
 About 1/2 cup water

Mix flour, salt, and pepper. Coat meat with mixture.
 Heat fat in fry pan. Brown meat on all sides.
 Add water as needed to prevent over-browning.
 Cover tightly. Cook over low heat or in the oven at 350°F about 2 to 3 hours, until meat is tender.

Note: Save about 3-1/4 cups cut-up cooked meat for other meals.

BEEF-MACARONI SOUP

Makes 4 servings, about 1-1/2 cups each.

2 stalks celery, with leaves
 1 medium carrot
 1-1/4 quarts (5 cups) water
 3 beef bouillon cubes
 3/4 teaspoon salt
 About 1-1/4 cups chopped, cooked lean beef (left from Beef Chuck Roast)
 1 cup uncooked elbow macaroni

Cut celery in thin 1-inch pieces. Finely chop carrot.
 Boil water. Add vegetables. Cover and cook about 5 minutes.
 Add rest of ingredients. Boil gently about 15 minutes until vegetables and macaroni are tender.

BEEF PATTIES

Makes 4 servings.

2 slices bread, finely crumbled
 1/4 cup water
 1 small onion, finely chopped
 3/4 pound ground beef
 1/2 teaspoon salt
 Pepper, as desired

Put bread and water in a bowl. Add rest of ingredients.
 Mix well and shape into four 1/2-inch thick patties.
 Cook in greased fry pan over medium heat turning once to brown both sides.

BEEF ROLL

Makes 4 servings.

1 cup flour
 1-1/2 teaspoons baking powder
 1/2 teaspoon salt
 3 tablespoons shortening
 About 1/3 cup liquid instant nonfat dry milk
 1-2/3 cups finely chopped, moist, cooked beef (left from Swiss Steak)
 1/4 small onion, finely chopped
 Bouillon Gravy, made with beef bouillon cube (see recipe)

Mix flour, baking powder, and salt. Mix in fat with a fork until crumbly.
 Add milk to make a soft, slightly sticky dough. Stir just until mixed.
 Knead dough lightly on a floured surface about 5 times.
 Pat or roll dough into 8-inch square.
 Spread meat and onion over dough. Roll like a jelly roll. Cut into 8 slices. Place on a greased baking pan, cut side down.
 Bake at 425°F about 20 minutes until browned.
 Serve with Bouillon Gravy.

BEEF STEW I

Makes 4 servings, about 1-1/2 cups each.

2-1/4 cups water
 3 beef bouillon cubes
 About 2 cups cut-up, cooked lean beef (left from Beef Chuck Roast)
 2 medium onions, cut up
 2 medium carrots, cut up
 2 medium potatoes, cut up
 2 stalks celery with leaves, cut up
 Salt and pepper, as desired
 3 tablespoons flour

Bring 2 cups water and bouillon cubes to boiling.
 Add meat, vegetables, salt, and pepper. Cover and boil gently about 30 minutes until vegetables are tender.
 Mix 1/4 cup water and the flour until smooth. Slowly pour and stir into stew. Cook and stir over medium heat until thickened.

BEEF STEW II

Makes 4 servings, about 1-1/4 cups each.

1 pound boneless beef chuck
 1/4 cup flour
 Salt and pepper, as desired
 2-3/4 cups water
 1 medium onion, cut up
 4 medium potatoes, cut up
 2 medium carrots, cut up

Trim excess fat from meat. Heat in a heavy pan to get fat for frying meat. Remove pieces of fat.

Cut meat in small pieces. Dip in flour. (Save leftover flour).

Brown meat on all sides; pour off excess fat.

Sprinkle meat with salt and pepper, add 2-1/2 cups water. Cover tightly and cook slowly about 1-1/2 hours until meat is almost tender.

Add vegetables. Sprinkle with salt. Cover and boil gently about 25 minutes until vegetables are tender, stirring only to keep from sticking.

Mix leftover flour and 1/4 cup water. Stir gently into mixture. Cook until thickened.

BOUILLON GRAVY

(Make Bouillon Gravy when you have no meat or poultry drippings or broth for gravy.)

Makes about 3/4 cup.

1 tablespoon margarine
2 tablespoons flour
1 cup water
1 beef or chicken bouillon cube
Salt and pepper, if desired

Melt fat in fry pan. Remove from heat. Stir in flour.

Stir in water and add crumbled bouillon cube.

Cook and stir until smooth and thickened.

BRAISED CHICKEN WITH VEGETABLES

Makes 4 servings.

3-pound fryer chicken, cut up (see Note)
About 1/3 cup flour
1-1/2 teaspoons salt
Pepper, as desired
2 tablespoons fat or oil (or pieces of fat cut from chicken)
3/4 cup water
1 chicken bouillon cube
1 medium carrot, sliced
1 stalk celery, sliced
1 medium onion, chopped

Coat chicken with a mixture of the flour, salt, and pepper.

Heat fat to cover bottom of fry pan. Brown chicken over medium heat. Drain off fat.

Add water and bouillon cube, cover tightly and boil gently about 30 minutes until chicken is almost tender.

Add vegetables and cook about 20 minutes until carrots are tender. Add a little water during cooking, if needed.

Note: Save neck, wings, back, 1 thigh, and 1 breast quarter for Chicken Patties.

BREAD STICKS

Makes 4 servings.

6 slices bread
2 tablespoons softened margarine
1/2 teaspoon garlic salt, if desired
Pepper, as desired

Spread slices of bread with margarine. Sprinkle with garlic salt, if used, and pepper.

Stack bread and slice into sticks about 1/2-inch thick.

Spread in baking pan. Bake at 300°F about 25 minutes until crisp and lightly browned.

CHEESE MEAT LOAF

Makes 4 servings.

3/4 pound ground beef
1/2 cup liquid instant nonfat dry milk
1 egg
3/4 teaspoon salt
2 slices bread, crumbled
1 small onion, finely chopped
1/2 cup cut-up cheese

Mix all ingredients well. Shape in a loaf in a baking pan.

Bake at 350°F about 50 minutes until well done.

CHICKEN AND DUMPLINGS

Makes 4 servings.

Chicken in Gravy

6 pieces stewed chicken, plus giblets (see Note)
2-1/2 cups chicken broth (or 2-1/4 cups for thick gravy)
1/3 cup flour
1/4 cup water

Dumplings

2/3 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
1/3 cup milk*

To make Chicken in Gravy--Remove excess skin and fat from chicken and broth. Leave chicken and broth in stewing pan.

Mix flour and water in a small bowl until smooth. Stir in some of chicken broth. Stir mixture gently into rest of broth in pan with chicken.

Cook and stir gently until sauce is slightly thickened.

For Dumplings--Mix flour, baking powder, and salt

Add milk and stir just until dry ingredients are wet.

Drop dough onto gently boiling chicken mixture to make 8 dumplings.

Cover pan tightly and cook slowly 15 minutes without lifting lid.

Note: From Stewed Chicken (see recipe), use the drumsticks, 1 thigh, 3 breast quarters, and the giblets and broth.

CHICKEN PATTIES

Makes 4 servings, 2 patties each.

1 egg
2 tablespoons liquid instant nonfat dry milk
About 1-1/2 cups finely chopped, cooked chicken
(see Note, Braised Chicken recipe)
1/2 small onion, finely chopped
3 slices bread, finely crumbled
1/2 teaspoon poultry seasoning
1/2 teaspoon salt
3 tablespoons fine dry bread crumbs
2 tablespoons fat or oil
Bouillon Gravy, made with chicken bouillon cube
(see recipe)

Mix egg and milk.
Add chicken, onion, bread, and seasonings. Mix and shape into 8 patties. Coat with bread crumbs.
Cook patties slowly in heated fat in a fry pan, turning to brown both sides.
Serve with gravy.

CHILI CON CARNE WITH BEANS AND MACARONI

Makes 4 servings, about 1 cup each.

1 tablespoon fat or oil
2/3 pound ground beef
1 small onion, chopped
1/4 green pepper, chopped
2 cups canned tomatoes
16-ounce can kidney beans, drained
1 cup bean liquid and water
2 or 3 teaspoons chili powder
1 teaspoon salt
3/4 cup uncooked elbow macaroni

Heat fat in a large fry pan. Add meat, onion, and green pepper. Cook and stir until lightly browned. Drain off fat.
Add rest of ingredients. Boil gently about 20 minutes until macaroni is tender. Stir only to keep from sticking. Add a little water during cooking, if desired.

COFFEE CAKE

Makes 8 servings.

Cake batter

1-1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/4 cup margarine or shortening
1 egg
1/2 cup liquid instant nonfat dry milk

Topping

1/4 cup brown sugar, packed
1 tablespoon flour
1 teaspoon cinnamon
1 tablespoon margarine

For cake batter--Mix flour, baking powder, and salt. Set aside.
Mix sugar, fat, and egg. Beat well.
Stir in milk and flour mixture all at once, just until mixed.
Put in a greased 8- or 9-inch square baking pan.

For topping--Mix all ingredients and sprinkle over cake batter.
Bake at 400°F about 25 to 30 minutes until cake springs back when lightly touched near center.

CORNERD BEEF AND CABBAGE WEDGES

Makes 4 servings, about 2/3 cup each.

2 tablespoons margarine
1/2 small head cabbage, cut in 8 pieces
1/4 cup water
Salt and pepper, as desired
2/3 can (12-ounce size) cornerd beef

Heat margarine in fry pan. Add cabbage and water. Sprinkle with seasonings.
Cover tightly and cook slowly about 15 minutes until cabbage is tender. Add a little water during cooking, if needed.
Place pieces of cornerd beef on the cabbage. Do not stir. Cover and heat.

Note: Save 1/3 can of cornerd beef for sandwiches.

CORNERD BEEF SALAD SANDWICH FILLING

Makes filling for 4 sandwiches.

1/3 can (12-ounce size) cornerd beef
1 small carrot, shredded or finely chopped
About 1/4 cup mayonnaise or salad dressing

Mix all ingredients.

CORNMEAL PANCAKES WITH VIENNA SAUSAGES

Makes 4 servings, 6 small pancakes each.

1 cup flour
1 cup cornmeal
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 eggs
1-1/2 cups liquid instant nonfat dry milk
5-ounce can vienna sausage, chopped
1/3 cup melted fat or oil

Mix dry ingredients in a large bowl. Set aside.

Combine beaten eggs, milk, vienna sausage, and fat. Add to flour mixture and stir just until mixed, leaving batter lumpy.

Drop batter for pancakes from a spoon into a heated, greased fry pan. Cook pancakes until covered with bubbles. Turn and brown other side.

COTTAGE CHEESE-PINEAPPLE SALAD

Makes 8 servings, about 1/3 cup each.

3-ounce package fruit-flavored gelatin
1 cup boiling water
8-ounce can crushed pineapple, undrained
1 cup cottage cheese
1/4 cup liquid instant nonfat dry milk

Dissolve gelatin in boiling water. Add pineapple. Chill until slightly thickened.
Stir in rest of ingredients.
Chill overnight or until set.

CREAMED CHICKEN ON TOAST

Makes 4 servings, each about 2/3 cup creamed chicken and 1-1/2 slices toast.

1/4 cup flour
1 cup liquid instant nonfat dry milk
1 cup chicken broth or bouillon
About 1-1/2 cups cut-up, cooked chicken (see Note)
Salt and pepper, as desired
Poultry seasoning, as desired
2 tablespoons margarine or chicken fat (omit if broth is fatty)
6 slices toast

Mix flour and 1/4 cup of milk in saucepan until smooth.

Stir in rest of liquids, chicken, seasonings, and fat. Cook and stir until thickened.

Serve on toast.

Note: From Stewed Chicken (see recipe), use 1 thigh, 1 breast quarter, and the wings, neck, and back.

CREAMED CHIPPED BEEF

Makes 4 servings, each about 2/3 cup creamed beef.

3 tablespoons margarine
3 tablespoons flour
2 cups liquid instant nonfat dry milk
3-ounce package dried beef, cut up
1 hard-cooked egg, cut up

Melt margarine. Remove from heat. Stir in flour.

Gradually stir in milk. Add beef. Cook and stir until thickened.

Add egg. Do not stir.

FRANKFURTER-BEAN SOUP

Makes 4 servings, about 1 cup each.

3/4 cup dry lima beans
4 cups water
1 medium onion, chopped
3/4 teaspoon salt
1/2 pound frankfurters

Wash and drain beans.

Put beans and water in a pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Add onion and salt. Cover and boil gently about 1 hour until beans are tender. Mash beans slightly.

Chop frankfurters and lightly brown in a fry pan. Add to soup.

FRIED APPLE RINGS

Makes about 8 rings.

2 medium apples
2 tablespoons margarine
2 tablespoons sugar
1 tablespoon lemon juice, if desired

Core apples and cut in 1/2-inch thick circles (about 8 slices).

Melt fat in a fry pan. Add sugar and lemon juice (if used).

Add apple slices and cook slowly about 15 minutes until tender. Turn as needed to brown.

FRIED CHICKEN

Makes 4 servings.

3-pound fryer chicken, cut up (see Note)
About 1/3 cup flour
1 teaspoon salt

Pepper, as desired
1/4 cup fat or oil

Coat chicken with a mixture of the flour, salt, and pepper.

Heat fat in fry pan. Cook chicken over medium heat about 20 minutes until browned on one side.

Turn and cook slowly 25 to 40 minutes longer until chicken is browned on other side and is tender.

Note: Save the neck, wings, back, 1 thigh, and 1 breast quarter for sandwich meat.

FRIED RICE AND MEAT

Makes 4 servings, about 1 cup each.

2/3 pound ground beef
1/2 small onion, chopped
About 2-1/4 cups cooked rice (3/4 cup uncooked)
2 or 3 tablespoons soy sauce
1 egg, beaten

Cook ground beef and onion in a fry pan until meat changes color. Drain off fat.

Add rice and soy sauce. Lower heat and cook for 10 minutes.

Stir egg into mixture. Cook a few minutes longer, stirring gently as needed to cook egg.

GREEN BEAN AND LENTIL SALAD

Makes 4 servings, about 2/3 cup each.

1-1/2 cups drained, cooked lentils (about 2/3 c uncooked)
1 cup drained, cooked or canned green beans
1/2 small onion, thinly sliced
1/4 cup sugar
1/4 teaspoon salt
1/4 cup vinegar
2 tablespoons oil

Put lentils, green beans, and onions in a bowl. Stir rest of ingredients together and mix gently with lentil mixture.

Cover and refrigerate at least 6 hours. Mix gently before serving.

HAM (Cured Pork), CHEESE, AND RICE

Makes 4 servings, about 1 cup each.

1 medium onion, sliced
1 tablespoon fat or oil
1-3/4 cups water
3/4 cup uncooked rice
About 1-1/2 cups cut-up, cooked cured pork (left from Baked Picnic Shoulder)

1/4 teaspoon salt
1/2 cup liquid instant nonfat dry milk
2/3 cup cut-up cheese

Cook onion in fat in a medium saucepan until lightly browned.

Add water and heat to boiling. Stir in rice, pork, and salt. Return to boiling. Cover and cook over low heat about 25 minutes until rice is tender.

Gently stir in milk and cheese. Heat until cheese is melted.

LENTIL SOUP WITH RIVELS

Makes 4 servings, about 1-1/2 cups each.

2/3 cup dry lentils
1/2 small onion, chopped
1 stalk celery, finely chopped
1-1/4 quarts (5 cups) water
3 beef bouillon cubes
1 teaspoon salt
Pepper, as desired
2 tablespoons margarine
About 3/4 cup flour
1 egg

Wash lentils.

Put all ingredients, except flour and egg, in a pan.

Cover and boil gently until lentils are almost tender, about 15 minutes.

Stir most of flour and the egg together until crumbled into small pieces called "rivels." Add a little more flour if needed to crumble mixture. Break apart any large rivels.

Stir rivels in with lentils. Cover and boil gently about 5 minutes until lentils are tender and rivels are cooked.

LIMAS IN TOMATO SAUCE

Makes 4 servings, about 1/2 cup each.

1 cup dry lima beans
3 cups water
1 teaspoon salt
1/4 cup brown sugar, packed
1/3 cup tomato sauce
1 tablespoon margarine or meat fat drippings
1 tablespoon prepared mustard
4 teaspoons vinegar
Salt, as desired

Wash beans. Put beans and water in a large pan and bring to boiling. Boil 2 minutes. Let stand 1 hour.

Add 1 teaspoon salt, and heat to boiling. Cover when most of foam is gone. Boil beans gently about 1 hour until tender.

Pour off most of bean liquid. (Save liquid.)

Add rest of ingredients to beans. Cover and boil gently about 30 minutes to blend flavors. Add more bean cooking liquid, as needed.

LIVER AND ONIONS

Makes 4 servings.

2 tablespoons fat or oil
2/3 pound sliced beef or pork liver
About 3 tablespoons flour
3/4 teaspoon salt
Pepper, as desired
1 large onion, sliced
3 tablespoons water

Heat fat in fry pan.
Coat liver with flour and put in pan. Cook until browned on one side.
Turn liver. Sprinkle with salt and pepper. Place onion on top. Add water.
Cover pan tightly and cook liver over low heat about 20 minutes until tender. Add a little water during cooking, if needed.

LIVER IN BARBECUE SAUCE

Makes 4 servings.

1 tablespoon fat or oil
2/3 pound sliced beef or pork liver
About 3 tablespoons flour
3/4 teaspoon salt
Pepper, as desired
2 tablespoons brown sugar, packed
1 teaspoon worcestershire sauce
1 tablespoon vinegar
1/4 cup catsup
1/3 cup water

Heat fat in fry pan over medium heat.
Coat liver with flour and brown on both sides.
Mix rest of ingredients and pour over liver.
Cover and cook slowly about 20 minutes until liver is tender. Add a little water to thin sauce, if needed.

MACARONI SALAD

Makes 4 servings, about 1 cup each.

1 stalk celery, chopped
1/2 small onion, chopped
1/3 cup mayonnaise or salad dressing
1 tablespoon vinegar
1 tablespoon sugar
1 teaspoon prepared mustard
3/4 teaspoon salt
Pepper, as desired

About 3 cups cooled, drained, cooked macaroni (1-1/2 cups uncooked)
1 hard-cooked egg, cut up

Mix all ingredients, except macaroni and egg, in a large bowl.

Add macaroni and egg. Mix lightly. Chill before serving.

MEATBALLS IN POTATO CUPS

Makes 4 servings.

About 2 cups seasoned, mashed potatoes (5 medium potatoes, uncooked)
1 egg
1/2 small onion, finely chopped
1 stalk celery, finely chopped
2/3 pound ground beef
1/2 cup uncooked, quick rolled oats
1/3 cup liquid instant nonfat dry milk
1/2 teaspoon salt
Pepper, as desired
Bouillon Gravy, made with beef bouillon cube (see recipe)

Mix potatoes and egg. Make 8 mounds on large, greased baking pan.

Mix rest of ingredients except gravy. Make 8 meatballs. Press a meatball part way into center of each potato mound.

Bake at 350°F about 40 minutes until meat and potatoes are browned.

Serve with gravy.

MEAT LOAF

Makes 4 servings, plus meat for later use (see Note).

1 small onion, finely chopped
1-1/2 pounds ground beef
2/3 cup rolled oats
1-1/4 teaspoons salt
Pepper, as desired
1 egg
1/2 cup tomato sauce
1/4 cup water

Mix all ingredients well. Shape into a loaf in a baking pan.

Bake at 350°F about 1 hour until well done.

Note: Save about 1/3 of meat loaf for sandwiches.

NOODLES WITH CHEESE SAUCE

Makes 4 servings, about 2/3 cup each.

2 tablespoons margarine
3 tablespoons flour
1/4 teaspoon salt
1-1/3 cups liquid instant nonfat dry milk
1/2 teaspoon prepared mustard, if desired
1 cup cut-up cheese
About 2 cups drained, cooked noodles (2-1/3 cups uncooked)
Fine dry bread crumbs, as desired

Melt margarine in a pan. Remove from heat. Mix in flour and salt. Add milk slowly, stirring until smooth. Cook and stir until thickened. Add mustard and cheese. Stir over low heat until cheese is melted.
Mix cheese sauce with hot noodles. Top with fine dry bread crumbs, if desired.

OATMEAL COOKIES

Makes 3 dozen cookies.

1/2 cup softened margarine
1/2 cup granulated sugar
1/2 cup brown sugar, packed
1 egg
1 tablespoon water
1/2 teaspoon vanilla
1 cup flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups uncooked, quick rolled oats

Put margarine, granulated sugar, brown sugar, egg, and water in a large bowl. Beat well until creamy.

Stir in vanilla.

Add flour, baking soda, and salt. Mix until smooth.

Stir in rolled oats. Let stand about 10 minutes.

Drop from a teaspoon on a greased baking sheet.

Bake at 375°F about 10 to 12 minutes until lightly browned. Remove from pan while hot.

OATMEAL MUFFINS

Makes 12 muffins.

1-1/4 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup sugar
1 cup uncooked, quick rolled oats
1 egg
1 cup liquid instant nonfat dry milk
1/3 cup melted fat or oil

Mix flour, baking powder, salt, and sugar in a large bowl. Stir in rolled oats. Set aside.

Beat egg and add milk. Add fat. Pour over flour mixture.

Stir just until mixed, leaving batter lumpy.

Fill greased muffin tins half full.

Bake at 400°F about 20 to 25 minutes until browned.

OATMEAL PANCAKES

Makes 4 servings, 3 pancakes each.

1 cup uncooked, quick rolled oats
1/4 cup flour
2 teaspoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup liquid instant nonfat dry milk
2 eggs, beaten

Mix dry ingredients well.

Add milk and eggs. Beat until well mixed. Let stand 5 minutes.

Drop batter for pancakes into heated, greased fry pan over medium heat. Spread quickly with a spoon.

Cook pancakes until covered with bubbles. Turn and brown other side.

ONE-PAN MACARONI AND CHEESE

Makes 4 servings, about 2/3 cup each.

About 2 cups drained, cooked elbow macaroni (1 cup uncooked)

1/2 cup water

2/3 cup instant nonfat dry milk

1 cup cut-up or shredded cheese (4 ounces)

Leave drained macaroni in cooking pan.

Mix water and dry milk; add to macaroni.

Add cheese. Stir over low heat until cheese is melted.

PAN-BROILED STEAK

Makes 4 servings.

1 pound boneless beef chuck steak, 1/2- to 3/4-inch thick

Commercial meat tenderizer

Treat meat with tenderizer as directed on tenderizer label.

Slash fat around edge to keep meat from curling.

Cook steak in a hot, greased fry pan over medium heat. Turn to brown both sides.

Stick pointed knife into meat to test doneness.

Allow 10 to 18 minutes for medium done steak.

PEANUT BUTTER CAKE

Makes 12 servings.

2 cups flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/2 cup peanut butter
1/4 cup softened margarine or shortening
1-1/2 cups brown sugar, packed
2 eggs
2/3 cup liquid instant nonfat dry milk
1 teaspoon vanilla, if desired

Mix flour, baking powder, baking soda, and salt. Set aside.

Mix peanut butter, fat, and sugar in a large bowl until smooth.

Add eggs and beat until creamy.

Add half the flour mixture and half the milk. Beat well.

Mix in rest of flour mixture and milk until smooth. Add vanilla if desired.

Pour into greased, floured baking pan, about 10 by 7 by 2 inches.

Bake at 350°F about 30 minutes until cake springs back when lightly touched near center.

Cool cake 10 minutes before removing from pan.

PEANUT BUTTER COOKIES

Makes 5-1/2 dozen cookies.

2-1/2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup margarine
1/2 cup shortening
1 cup peanut butter
1 cup granulated sugar
1 cup brown sugar, packed
2 eggs

Mix flour, salt, and baking soda. Set aside.

Mix fat and peanut butter. Add granulated sugar and brown sugar. Mix well. Add eggs and beat well until creamy.

Stir flour mixture into peanut butter mixture.

Drop dough from a teaspoon onto baking pan. Flatten with a fork.

Bake at 375°F about 10 to 15 minutes until lightly browned.

PEANUT BUTTER-RAISIN SANDWICH FILLING

Makes filling for 5 sandwiches.

3/4 cup peanut butter
1/4 cup raisins, chopped

Mix ingredients.

PICNIC PORK CHOPS

Makes 4 servings.

1-1/2 pounds fresh pork (picnic) shoulder slices
3/4 teaspoon salt
Pepper, as desired

Cook pork slices in a hot, greased fry pan over medium heat. Turn to brown both sides and cook well. Sprinkle with salt and pepper.

Allow about 20 minutes for 3/4-inch thick slices.

PIZZA QUICKIES

Makes 10 small pizzas.

10 ounce pkg. refrigerator biscuits
6 ounce can tomato paste
1 tablespoon water
1 teaspoon oregano
1 small onion (if desired), finely chopped
1 cup shredded or finely chopped cheese (4 ounces)

Roll out or pat biscuits into 4-inch circles on a greased baking pan.

Mix tomato paste, water, and oregano. Cover biscuits with mixture. Sprinkle with onion (if used) and cheese.

Bake at 425°F about 8 or 9 minutes until lightly browned.

Quickly loosen pizzas from pan.

POTATO SALAD

Makes 8 servings, about 2/3 cup each.

8 medium potatoes, cooked, cut up
2 stalks celery, finely chopped
1/2 small onion, finely chopped
2 hard-cooked eggs, cut up
1/2 cup mayonnaise or salad dressing
1 tablespoon sugar
1 tablespoon vinegar
1 teaspoon prepared mustard
2 teaspoons salt
Pepper, as desired

Put vegetables and eggs in a bowl.

Mix rest of ingredients and pour over top. Toss lightly to mix.

Chill before serving.

RAISIN BREAD

Makes 1 loaf.

2 cups flour
1 tablespoon baking powder
1/2 teaspoon salt

1 teaspoon cinnamon, if desired
1/3 cup softened margarine or shortening
1/2 cup sugar
2 eggs
3/4 cup liquid instant nonfat dry milk
1 cup raisins

Mix flour, baking powder, salt, and cinnamon (if used). Set aside.
Mix fat and sugar until smooth. Stir in eggs and beat well.
Add half of the flour mixture and half the milk to sugar mixture. Stir in rest of flour and milk just until smooth.
Stir in raisins.
Pour into a greased loaf pan.
Bake at 350°F about 40 minutes until browned.
Cool bread in pan for 10 minutes. Remove from pan.

RAISIN-RICE PUDDING

Makes 4 servings, about 3/4 cup each.

2 cups water
1/2 cup uncooked rice
1/2 teaspoon salt
1/2 cup raisins
1 tablespoon margarine
1 cup instant nonfat dry milk
1/3 to 1/2 cup sugar, as desired
1 cup water
1 teaspoon vanilla

Heat 2 cups water to boiling. Stir in rice, salt, raisins, and fat.
Lower heat. Cover and cook 30 minutes. Remove from heat.
Mix dry milk, sugar, and 1 cup water until smooth. Add to rice.
Add vanilla.
Stir over low heat until hot. Cool to thicken.

RICE PUDDING

Makes 4 servings, about 3/4 cup each.

1-1/2 cups water
1/4 cup uncooked rice
1/3 cup raisins
1/4 teaspoon salt
3- to 4-ounce package vanilla pudding and pie filling mix (not instant)
2 cups liquid instant nonfat dry milk
1/2 teaspoon cinnamon

Boil water. Add rice, raisins, and salt.
Cover and cook slowly about 25 minutes until rice is tender and water is gone.
Stir milk into pudding mix in a pan. Cook by package directions. Stir in rice and cinnamon.
Serve warm or cold.

SKILLET DINNER

Makes 4 servings, about 1 cup each.

2/3 pound ground beef
1/2 green pepper, chopped
1 medium onion, chopped
2 cups canned tomatoes
3/4 cup water
1 teaspoon salt
Pepper, as desired
2/3 cup uncooked rice

Cook beef, green pepper, and onion in a large fry pan until browned. Pour off excess fat.
Add tomatoes, water, and seasonings. Heat to boiling.
Stir in rice. Cover and cook over low heat about 25 minutes until rice is tender. Add a little water during cooking, if needed.

SLOPPY JOES ON BUNS

Makes 4 sandwiches.

3/4 pound ground beef
1 small onion, chopped
3/4 teaspoon salt
1/3 cup catsup
2 tablespoons prepared mustard
1 tablespoon vinegar
1 tablespoon sugar
4 hamburger rolls

Crumble beef in a heated fry pan. Add onion and salt. Cook and stir until meat is browned. Pour off excess fat.
Stir in catsup, mustard, vinegar, and sugar. Cook slowly until hot. Add a little water if mixture is too thick.
Serve on rolls.

SPAGHETTI WITH MEAT SAUCE

Makes 4 servings, each about 3/4 cup sauce and 3/4 cup spaghetti.

3/4 pound ground beef
1 medium onion, chopped
1 clove garlic, finely chopped
8-ounce can tomato sauce
6-ounce can tomato paste
1 teaspoon salt
2 teaspoons worcestershire sauce
1 cup water
3 cups hot, cooked spaghetti (about 6 ounces uncooked)

Put beef, onion, and garlic in a large fry pan. Cook and stir over medium heat until browned. Pour off excess fat.

Add rest of ingredients except spaghetti. Cover and boil gently about 30 minutes to blend flavors. Add water to thin sauce, as desired. Serve sauce over spaghetti.

SPLIT PEA SOUP

Makes 4 servings, about 1 cup each.

1 cup dry split peas
1 medium onion, chopped
2 tablespoons margarine or meat drippings
3 cups water
About 2/3 cup finely chopped, cooked cured pork
(left from Baked Picnic Shoulder)
1 teaspoon salt

Wash and drain split peas.
Cook onion in fat in a medium saucepan until tender.
Add rest of ingredients to onion. Bring to boiling.
Cover and boil gently about 40 minutes until peas are tender. Add a little water if desired.

STEWED APPLES

Makes 8 servings, about 1/2 cup each.

2/3 cup sugar
Sprinkle of salt
1-1/2 cups water
4 medium-large tart apples, peeled, sliced

Mix sugar, salt, and water in a pan. Heat to boiling.
Add apples. Cover and boil gently 10 to 15 minutes until apples are tender.

STEWED CHICKEN

(Use in Chicken and Dumplings and Creamed Chicken)

Makes about 3-1/2 cups cut-up cooked poultry.

3-pound fryer chicken, cut up
3 cups water
1 teaspoon salt

Cut apart chicken legs and thighs. Cut breast into quarters.
Gently boil chicken, water, and salt in a covered pan until chicken is tender, 45 minutes to 1 hour.

SWISS STEAK

Makes 4 servings, plus meat for later use (see Note).

2 pounds boneless beef chuck steak, 1/2-inch thick

Commercial meat tenderizer
1/4 cup flour
Salt and pepper, as desired
1 cup canned tomatoes
1 medium onion, sliced

Trim off excess fat and cut meat into serving size pieces. Treat meat with tenderizer as directed on tenderizer label.

Heat in fry pan to get fat for frying steak. Remove pieces.

Mix flour and seasonings; use to coat meat. Brown meat on both sides in fry pan, turning once. Drain off excess fat.

Add rest of ingredients. Cover tightly and cook over low heat until meat is tender, about 1-1/2 to 1-3/4 hours.

Note: Save about 1-2/3 cups cut-up cooked meat for Beef Roll.

TART CABBAGE

Makes 4 servings, about 1/2 cup each.

1 very small head cabbage, sliced
2 tablespoons margarine
2 tablespoons water
1/4 cup vinegar
1 tablespoon sugar
3/4 teaspoon salt
Pepper, as desired

Put cabbage slices, margarine, and water in a pan.

Cover tightly and cook slowly for 6 to 8 minutes until cabbage is tender.

Add rest of ingredients; stir to mix.

Cook a few minutes longer until liquid is almost gone.

TOP-OF-STOVE SCALLOPED POTATOES

Makes 4 servings, about 3/4 cup each.

1-1/2 cups liquid instant nonfat dry milk
5 medium potatoes, sliced
1 small onion, sliced
1-1/2 teaspoons salt
Pepper, as desired
2 tablespoons margarine
2 tablespoons flour
1/4 cup fine dry bread crumbs

Put milk in a pan. Add potatoes, onion, salt, and pepper.

Cover and cook over low heat 15 to 20 minutes until potatoes are tender.

Melt margarine. Stir in flour. Mix in most of the hot milk from potatoes.

Pour flour mixture over potatoes and heat gently until sauce is thickened.

Sprinkle potatoes with bread crumbs.

TUNA WRAP-UP WITH CELERY SAUCE

Makes 4 servings.

Sauce and tuna

2 tablespoons margarine
2 tablespoons flour
1 teaspoon salt
1 cup liquid instant nonfat dry milk
1 stalk celery, finely chopped
6-1/2-ounce can tuna, drained
Milk to thin sauce, as desired

Dough

1 cup flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons shortening
1/3 cup liquid instant nonfat dry milk

To make sauce--Melt fat in pan. Remove from heat. Mix in flour and salt. Slowly stir in milk. Add celery.

Cook and stir until thickened. Set aside.

For dough--Mix flour, baking powder, and salt in a bowl. Mix in fat with a fork until crumbly. Add milk. Stir just enough to wet dry ingredients.

Roll out dough on lightly floured surface. Roll about 7 by 12 inches. Place in greased baking pan.

Pile tuna lengthwise down center of dough. Pour about half of sauce over tuna. Set aside rest of sauce.

Fold dough over tuna to just overlap on top. Turn up and seal ends of dough.

Bake at 450°F about 20 minutes until browned.

Thin rest of sauce with milk, and heat to serve over Tuna Wrap-Up.

WILTED SPINACH

Makes 4 servings, about 1 cup each.

3/4 of 10-ounce package fresh spinach, coarsely chopped
1/2 small onion, finely chopped
2 tablespoons margarine
1 tablespoon flour
2 tablespoons sugar
1/2 teaspoon salt
1/4 cup water
1/4 cup vinegar

Wash spinach and drain well. Put in large bowl. Add onion.

Melt fat in fry pan. Remove from heat. Stir in flour, sugar, and salt.

Slowly mix in water and vinegar until smooth. Cook and stir until thickened.

Pour boiling hot dressing over spinach. Mix well.

THE COST OF DOING LAUNDRY AT HOME

by Lucile F. Mork

What does it cost to do a load of laundry at home? That will depend on several things: The initial investment in laundry equipment, the frequency with which the equipment is used, the quantities of fuel and water used and the rates paid for these utilities, and the cost of the supplies used. The use made of equipment will vary widely from family to family and the costs from place to place. The table below shows estimates of current costs per load of laundry done at home in the Washington, D.C., area for loads of washing in three sizes, with heated or cold water, and for drying periods of 30, 45, and 60 minutes.

The estimated costs for washing and drying done at home were calculated based on an automatic washer and dryer bought on credit and costing \$305 and \$229, respectively, and local prices for operating expenses and supplies. The initial investment in the equipment was distributed over the expected lifespan of the piece of equipment—about 11 years for the washer and 14 years for the dryer. Five percent of the purchase price was added to cover the cost of repairs for a year.

The amount of electricity required by the appliances was estimated at 0.4 kilowatthours (kwh) for the washer and ranged from 2.8 kwh to 5.6 kwh for the dryer depending on the length of drying time. The rate used for electricity was \$12.66 per 250 kwh. Also used in making the estimates were the costs of water at a rate of \$1.08 per 1,000 gallons and gas to heat the water at the rate of \$0.25 per therm.

Cost of a detergent was based on a 3-pound 1-ounce box costing \$1.45 which amounted to about 9 cents a cup. A chlorine disinfectant cost \$0.93 a gallon.

The table is easy to use. For example: Suppose you want to know about what it costs per week to wash an average-size load (12 pounds) of clothes with heated water. Glance

down the left-hand column (under the heading for a 12-pound load) to the total with heated water and across to the column showing the number of loads done at home in a week. You will find a cost of 53 cents for three loads and 46 cents for four loads per week. For a cold water washing the estimated cost is 4 cents less per load. If the washing is air-dried, this represents the total cost of the load of washing. If, however, you generally dry your washing in the dryer and you want to see what the cost is, continue down the left-hand column to the lower half of the table until you locate the approximate time required to dry and again move across to the appropriate column. For a drying period of 45 minutes in an electric dryer, the estimated total cost per load is about 39 cents for three loads per week and 34 cents for four loads. By adding the two estimates together—53 cents for washing and 39 cents for drying—you have an estimated total cost per load of 92 cents for three loads per week and 80 cents (46 and 34 cents) for four loads.

This method of figuring the cost of doing laundry assumes that the service life of the appliance and its repair costs are the same regardless of how often the appliance is used. Under this assumption, the cost per load of wash declines as the number of loads per week increase. A decrease in service life or an increase in repair costs associated with the increased use of the equipment would, of course, slightly change the cost per load.

Sources: Mork, L. F. Figuring the cost of doing laundry at home, *Family Economics Review*, pp. 6-7, December 1970. Tippet, K. S., and Ruffin, M. D., Service-life expectancy of household appliances, *Family Economics Review*, pp. 3-6, Summer 1975.

Estimated cost per load of laundry done at home in the Washington, D.C., area, 1975 costs

Item	Number of loads done at home per week					
	3	4	5	6	8	10
TO WASH						
8-pound load:						
Equipment ¹	\$0.28	\$0.21	\$0.16	\$0.14	\$0.10	\$0.08
Operation ²09	.09	.09	.09	.09	.09
Supplies ³	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>
Total:						
With heated water48	.41	.36	.34	.30	.28
With cold water44	.37	.32	.30	.26	.24
12-pound load:						
Equipment ¹28	.21	.16	.14	.10	.08
Operation ²10	.10	.10	.10	.10	.10
Supplies ³	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>
Total:						
With heated water53	.46	.41	.39	.35	.33
With cold water49	.42	.37	.35	.31	.29
14-pound load:						
Equipment ¹28	.21	.16	.14	.10	.08
Operation ²12	.12	.12	.12	.12	.12
Supplies ³	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>
Total:						
With heated water57	.50	.45	.43	.39	.37
With cold water52	.45	.40	.38	.34	.32
TO DRY						
30 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>
Total32	.27	.25	.23	.21	.19
45 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>
Total39	.34	.32	.30	.28	.26
60 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>
Total47	.42	.40	.38	.36	.34

¹Estimates based on a new automatic washer costing \$305 and a new electric dryer costing \$229 on a 24-month installment plan, with average life expectancy of about 11 years for washer and 14 years for dryer and 5 percent of cost of appliances per year allowed for repairs.

²Includes cost of electricity to operate washer, water, and gas to heat about two-thirds of the water. Based on 1975 rates in the Washington, D.C., area. Amount of water adjusted for size of load.

³A detergent and a disinfectant at 1975 prices in the Washington, D.C., area. Amounts adjusted for size of load.

⁴Includes cost of electricity to operate dryer.

BLS URBAN FAMILY BUDGETS--AUTUMN 1974

The Bureau of Labor Statistics' (BLS) three hypothetical budgets for a family of four ranged from \$9,198 a year at the lower level, to \$14,333 at the intermediate level, and \$20,777 at the higher level in autumn 1974 (see table). Between autumn 1973 and autumn 1974 the lower budget rose 12.4 percent, the intermediate budget 13.5 percent, and the higher budget 14.2 percent. The costs are for an urban family of four: A 38-year-old husband, his wife who is not employed, a boy of 13, and a girl of 8. The budgets illustrate three different levels of living based on estimates of costs for different specified types and amounts of goods and services rather than actual expenditures by families.

Budgets covering consumption items—food, housing, transportation, clothing, personal care, and medical care—were updated by applying changes in the Consumer Price Index to autumn 1973 costs for each main class of goods and services. Consumption costs rose by approximately 11 percent in all three budgets

primarily because of substantial increases in food, housing, and transportation, which account for over 70 percent of consumption costs. There were also large increases in the costs of personal care and medical care.

The increase in food prices had a greater impact on the lower budget than on the two other levels because food accounts for a larger proportion of the total cost of consumption at that level of living. On the other hand, the increase in housing costs had a greater impact on the higher and intermediate budgets because housing accounts for a larger proportion of the total cost of consumption at those levels.

In the lower budget, total housing costs, which include only rental housing, increased by 8.1 percent between autumn 1973 and autumn 1974. In the intermediate and higher budgets where housing includes both rental housing and homeownership, costs rose 11.3 and 11.7 percent, respectively. The housefurnishings and operations' component of housing costs rose 19 percent in all three budgets.

*Annual budgets for a 4-person family at 3 levels of living, urban
United States, autumn 1974*

Component	Lower	Intermediate	Higher
Total budget	\$9,198	\$14,333	\$20,777
Total family consumption	7,318	10,880	14,976
Food	2,763	3,548	4,453
Housing	1,758	3,236	4,900
Transportation	643	1,171	1,521
Clothing	759	1,085	1,589
Personal care	231	310	439
Medical care	738	742	774
Other family consumption ...	423	786	1,297
Other items	415	662	1,113
Taxes and deductions	1,463	2,790	4,686
Social security and disability	553	780	787
Personal income taxes	910	2,010	3,899

Note: Because of rounding, sums of individual items may not equal totals.

Transportation costs rose the most in the budget for the higher level of living which contains the largest proportion of automobile owners.

Estimated annual costs of consumption for families of different size and composition and the costs for 40 metropolitan areas and 4 non-

metropolitan areas are available in BLS News Release USDL-75-190, April 9, 1975.

Source: U.S. Department of Labor, Bureau of Labor Statistics. Urban Family Budgets and Comparative Indexes for Selected Urban Areas, Autumn, 1974. News, USDL Release 75-190, April 9, 1975.

MOBILITY OF THE POPULATION OF THE UNITED STATES, MARCH 1970 to MARCH 1974

Thirty-seven percent of the population 4 years and older,¹ or 72.4 million persons, moved between March 1970 and March 1974. Most moves (43.5 million persons) were to another dwelling within the same county. Of persons moving to a different county, slightly more moved out of the State than to another county within the State (14.8 million compared with 14.2 million).

Population Trends

Central cities of metropolitan areas continued to experience net outmigration (5.9 million persons 4 years and older), as in the 1960's. The mostly suburban part of metropolitan areas outside the central cities continued to experience net immigration (4.0 million). Persons moving to central cities were slightly younger than those moving from the cities, with median ages of 24.8 years and 27 years, respectively. Blacks constituted 12.1 percent of immigrants to central cities but only 7.6 percent of outmigrants.

Metropolitan areas experienced a net migration loss to nonmetropolitan areas of 1.8 million persons, though not a total population loss or a decline in urbanization. A large part of the net movement from metropolitan areas is attributed to continued urban development around the fringes of metropolitan areas and the ease of commuting from communities just beyond metropolitan boundaries.

The South and the West had net immigration, whereas the Northeast and North Central

regions had net outmigration during this period.

Characteristics of Movers

Mobility rates are highest among persons in their twenties, reflecting formation of new households by young adults who have just finished school, recently married, or newly entered the labor force. Sixty-seven percent of persons 25 to 29 and 62 percent of persons 20 to 24 changed their residence during the 4-year period.

The presence and age of children in a family influence the likelihood of moving. Among married men 25 to 34 years living with their wives at the survey date, those with no children under 18 were more mobile than were those with children under 18. Husband-wife families with children all under school age (6) were more mobile than were those whose children were older.

Although nearly the same percentage of blacks and whites moved during the period (38.2 and 37.0 percent, respectively), blacks were more likely to move within the same county and whites twice as likely to move to a different county.

College graduates were more likely to move between counties or States than were high school graduates (25.8 percent of persons 18 and over compared with 14.9 percent). Only 7.3 percent of persons with 8 years of education or less moved from one county or State to another.

¹ Age as of March 1974. Population includes civilian noninstitutional population of the United States plus approximately 1,067,000 members of the Armed Forces in the United States living off post or with their families on post in 1974, but excludes all other members of the Armed Forces.

Source: U.S. Department of Commerce, Bureau of the Census, *Current Population Reports*, Series P-20, No. 273, *Mobility of the Population of the United States: March 1970 to March 1974*, 1974.

FAIR CREDIT BILLING ACT

The Fair Credit Billing Act, an amendment to the Truth in Lending Act, became effective on October 28, 1975. This act requires creditors extending open-end credit (such as department stores and banks) to: (1) Include with the monthly bill a statement informing the customer of his or her rights in questioning the bill and giving the address to which all inquiries must be sent, (2) mail billing statements to the customer at least 14 days before the date that payments are due, (3) settle all billing disputes within 90 days, (4) refrain from making adverse statements to credit reporting agencies and from turning accounts over to collection agencies when an account is in dispute, and (5) credit all payments, overpayments, and returned merchandise promptly to accounts.

The law also provides that a seller may no longer be restricted by bank-card issuers from

offering discounts for cash, and reverses the doctrine of "holder in due course" under which the third party holding the credit contract had no obligation for the merchandise received by the customer.

In the event that a consumer questions some portion of the billing statement, the consumer must submit written notice to the card issuer within 60 days of the bills transmittal. The creditor must acknowledge such inquiries in writing within 30 days. Creditors not following the procedures outlined in the act for correcting billing errors forfeit the right to collect the amount in question and any finance charges, provided the amount is no more than \$50.00.

Source: Public Law 93-495, Title III, 93d Cong., H.R. 11221, Fair Credit Billing Act, October 28, 1974..

SOME NEW USDA PUBLICATIONS

(Please give your ZIP code in your return address when you order these.)

Single copies of the following are available free from the U.S. Department of Agriculture. Please address your request to the office indicated.

From Office of Communication, Washington, D.C., 20250:

- INSECTS AND DISEASES OF VEGETABLES IN THE HOME GARDEN. AB 380. March 1975.
- BEEF AND VEAL IN FAMILY MEALS. G 118. Revised June 1975.
- BAKING FOR PEOPLE WITH FOOD ALLERGIES. G 147. Revised May 1975.

From Economic Research Service, Division of Information, Washington, D.C. 20250:

- CONSUMER SATISFACTION WITH FOOD PRODUCTS & MARKETING SERVICE. AER 281. March 1975.
- THE REVIVAL OF POPULATION GROWTH IN NONMETROPOLITAN AMERICA. ERS 605. June 1975.
- Leaflets based on OUR LAND AND WATER RESOURCES—CURRENT AND PROSPECTIVE SUPPLIES AND USES. M 1290. May 1974:
 1. WATER RESOURCES FOR AGRICULTURE—WILL THE WELL RUN DRY? AB 384. April 1975.
 2. FARMLAND RESOURCES FOR THE FUTURE. AB 385. April 1975.

From Agricultural Research Service, Consumer and Food Economics Institute, Room 325A, Federal Building, Hyattsville, Md. 20782:

- NUTRITION PROGRAMS FOR THE ELDERLY—A GUIDE TO MENU PLANNING, BUYING, AND THE CARE OF FOOD FOR COMMUNITY PROGRAMS. ARS-NE-59. Revised May 1975.

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COST OF FOOD AT HOME

*Cost of food at home estimated for food plans at three
cost levels, June 1975, U.S. average 1/*

Sex-age groups	Cost for 1 week			Cost for 1 month		
	Low-cost plan	Moderate- cost plan	Liberal plan	Low-cost plan	Moderate- cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
<u>FAMILIES</u>						
Family of 2: 2/						
20-54 years.....	28.70	36.10	43.40	124.40	156.50	188.20
55 years and over....	25.40	31.70	37.90	110.20	137.30	164.30
Family of 4:						
Children--						
1-2 and 3-5 years..	40.40	50.40	60.70	174.90	218.80	262.80
6-8 and 9-11 years.	48.90	61.40	73.80	211.90	266.30	320.00
<u>INDIVIDUALS 3/</u>						
Child:						
7 months to 1 year...	5.40	6.60	7.80	23.40	28.70	34.00
1-2 years.....	6.50	8.00	9.60	28.10	34.70	41.40
3-5 years.....	7.80	9.60	11.60	33.70	41.80	50.30
6-8 years.....	10.10	12.70	15.20	43.90	55.00	66.10
9-11 years.....	12.70	15.90	19.10	54.90	69.00	82.80
Male:						
12-14 years.....	13.50	16.90	20.30	58.40	73.20	87.90
15-19 years.....	14.90	18.70	22.50	64.70	81.10	97.60
20-54 years.....	14.50	18.30	22.10	62.80	79.40	95.80
55 years and over....	12.70	15.90	19.10	55.10	68.80	82.70
Female:						
12-19 years.....	12.00	14.90	17.80	52.10	64.70	77.30
20-54 years.....	11.60	14.50	17.40	50.30	62.90	75.30
55 years and over....	10.40	12.90	15.40	45.10	56.00	66.70
Pregnant.....	14.30	17.70	21.10	62.00	76.70	91.60
Nursing.....	15.20	19.00	22.70	66.00	82.30	98.30

1/ These estimates were computed from quantities in food plans published in Family Economics Review, Winter 1975. The costs of the food plans were first estimated by using the average price per pound of each food group paid by urban survey families at three selected food cost levels in 1965-66. These prices were adjusted to current levels by use of Retail Food Prices by Cities released periodically by the Bureau of Labor Statistics.

2/ 10 percent added for family size adjustment. See footnote 3.

3/ The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person--add 20 percent; 2-person--add 10 percent; 3-person--add 5 percent; 5-person--subtract 5 percent; 6-or-more-person--subtract 10 percent.

CONSUMER PRICES

Consumer price index for urban wage earners and clerical workers

(1967 = 100)

Group	July 1975	June 1975	May 1975	July 1974
All items.....	162.3	160.6	159.3	148.3
Food.....	178.6	174.4	171.8	160.5
Food at home.....	179.9	174.9	171.6	160.6
Food away from home.....	174.2	173.1	172.8	160.4
Housing.....	167.1	166.4	165.3	150.9
Shelter.....	170.2	169.4	168.2	154.4
Rent.....	137.3	136.9	136.4	130.3
Homeownership.....	182.3	181.4	180.1	163.2
Fuel and utilities.....	168.0	166.9	165.5	150.9
Fuel oil and coal.....	234.1	230.6	230.2	218.5
Gas and electricity....	170.4	169.4	167.3	146.2
Household furnishings and operation.....	158.3	158.1	157.4	141.4
Apparel and upkeep.....	141.1	141.4	141.8	135.3
Men's and boys'.....	140.5	142.1	142.8	136.0
Women's and girls'.....	136.5	136.3	136.7	132.9
Footwear.....	143.1	143.8	144.5	136.9
Transportation.....	152.6	149.8	147.4	142.6
Private.....	152.3	149.3	146.8	141.9
Public.....	155.0	154.1	152.5	148.6
Health and recreation.....	154.0	153.2	152.6	141.0
Medical care.....	169.8	168.1	166.8	151.4
Personal care.....	151.2	150.3	149.9	137.8
Reading and recreation...	144.4	144.1	143.8	134.6
Other goods and services.	147.6	147.3	147.1	137.7

Source: U.S. Department of Labor, Bureau of Labor Statistics.

Index of prices paid by farmers for family living items

(1967 = 100)

Item	Aug. 1975	July 1975	June 1975	Aug. 1974	July 1974	June 1974
All items.....	179	178	176	164	161	160
Food and tobacco.....	---	---	179	---	---	161
Clothing.....	183	---	---	---	---	167
Household operation.....	---	173	---	---	---	152
Household furnishings.....	---	156	---	---	---	138
Building materials, house..	---	---	187	---	---	177

Source: U.S. Department of Agriculture, Statistical Reporting Service.

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